

SUGGESTED USE: Adults: Take one (1) tablespoon (15 mL) daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts

Serving Size 1 tbsp (15 mL)
Servings per Container 15

Amount per Serving	% Daily Value
Calories 30	
Total Carbohydrate 5 g	2%†
Total Sugars 5 g	*
Includes 5 g Added Sugars	10%†
Vitamin A 390 mcg	43%

Amount per Serving	% Daily Value
Vitamin C 60 mg	67%
Vitamin D ₃ 10 mcg (400 IU)	50%
Vitamin E 13.5 mg	90%
Thiamin 1.1 mg	92%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B ₆ 2 mg	118%
Vitamin B ₁₂ 6 mcg	250%
Biotin 300 mcg	1,000%

Amount per Serving	% Daily Value
Pantothenic Acid 10 mg	200%
Iron 9 mg	50%
Iodine 150 mcg	100%
Zinc 3 mg	27%
Manganese 2 mg	87%
Chromium 25 mcg	71%
Molybdenum 25 mcg	56%

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Ingredients: Purified Water, Sugar, Ethyl Alcohol. **Contains < 2% of:** Ascorbic Acid (Vit. C), BHA (to preserve freshness), Biotin, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Cyanocobalamin (Vit. B₁₂), Dexpantenol, Disodium EDTA (to preserve freshness), DL-alpha Tocopheryl Acetate (Vit. E), Ferrous Gluconate, Glycerin, Manganese Chloride, Natural Flavors, Niacinamide, Polysorbate 80, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin-5'-phosphate (Vit. B₂), Sodium Benzoate (to preserve freshness), Sodium Molybdate, Thiamine Hydrochloride (Vit. B₁), Tocopherols (to preserve freshness), Vitamin A Palmitate, Zinc Gluconate. As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

If taking other supplements, read label, since supplements may contain the same ingredient.

Store at controlled room temperature (15-30°C or 59-86°F).
Keep bottle tightly closed. Protect from freezing. © 2019 Pfizer Inc.

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Questions? Comments? Call 1-877-CENTRUM (236-8786)

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Energy	<i>B-vitamins and iron support daily energy needs*</i>
Immunity	<i>Antioxidants support normal immune function*</i>
Metabolism	<i>B-vitamins aid in the metabolism of fats, carbohydrates and proteins*</i>

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Do Not Use if neck seal imprinted "SEALED FOR YOUR PROTECTION" is broken or missing.

Contains 17 Nutrients

Contains:
Alcohol 6%



Centrum
Liquid ADULTS

CITRUS FLAVOR
Natural Flavors

8 FL OZ (236 mL) Multivitamin/Multimineral Supplement

PAA115584



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